Chiropractic

Is from two Greek words χειρ hand, and πραγτος done—done by the hand—a hand practitioner.

The M. D.'s who investigate think Chiro. wonderful.

It is a new science of healing discovered by Dr. Palmer. He has taught this successful and satisfactory mode of diagnosing and drugless treatment to many students the last two years. It is thoroughly scientific; it is in harmony with Nature's laws, seldom fails and never does harm. We use no drugs or knives. Chiropractic is common sense. It will bear investigation. It is readily learned. It is the only mode of healing which *exactly* locates *the cause* of sickness and teaches how to remove that cause. It is not faith cure, Christian science, magnetic, electric, osteopathy, nor hypnotism. It is based on a correct knowledge of anatomy and physiology. It adjusts all displacements.

It is a well-known fact that the so-called spinal nervous system proceeds from the cord in bundles or leashes through openings along the sides of the bones and are distributed to the various parts of the body, and that these nerves are known as Motor and Sensory. The sensation, feeling, pain and pleasures are due to the existence of the sensory nervous system, which nerves are supposed to end in the skin or near the surface of the body.

The muscles are all attached to the bones by fibrous cords inserted into a periosteum which covers the bones everywhere, and from these attachments they extend along the bones to be inserted into some other part of the same bone, or into some other bone, and their office is to contract. These muscles form what we call the levers of the body, and by their contraction all movements are made in every part of the body, separately or collectively.

If no unnatural or undue contraction occur in nerves or muscles, the actions are natural, a complete system of harmony exists; but if, from any cause, undue contraction ensues or the muscles fail to respond naturally, inharmony and, consequently, pain and disease is the result.

The movements of the whole body, every part of it, is due to the existence of the motor nerves. Both of these systems of nerves emerge from the orifices along the sides of these thirty-one pair of foramina or openings. These nerves may become pressed by partial or complete dislocation of the bones forming these orifices, by the contraction of muscular fibers through the action of the motor nerves. A pressure upon a sensory nerve produces pain in the part to which these nerves are distributed. Diseases are produced by undue pressure upon the nervous system anywhere throughout the body.

This being the case, when the pressure is taken off the disease ceases to be.

When it is understood that the nerves of the body enter into every muscle, and every tissue, and that all of the vessels which carry the fluids of the body pass through or into the muscles, and these nerves and fluid-carrying vessels are enclosed in muscular structure, and that they are tubes, and that through these pass the blood and fluids of the whole body, and that undue contraction of the muscular fibers pressing upon these delicate vessels, we can readily understand how it is that obstructions are caused and pain is felt. There being no yielding of the bones, to which the muscles are attached, and none in those in which they are inserted, the contraction of the muscles may entirely cut off the circulation through these delicate vessels or press so hard upon the nerves that interference with their functions ensue, and inharmony is the direct result. Increased and continued contraction of these muscles have been known to pull the bones out of joint.

We would have neither feeling nor action without nerves; in fact, we would not exist were it not for them.

The office of the muscular system is to CONTRACT—draw up. If the pressure be continued too long, the muscle may be impoverished on account of a deficient blood supply in the parts, as the nutriment of every part of the body is dependent upon the supply of blood circulated through the capillaries, and these capillaries are under the especial control of the nervous system—the sympathetic. When we continue the investigation we find that inasmuch as the nervous system is a principal factor in the regulation of the circulation of the blood, it will be readily seen that we must have all unnecessary pressure removed. This pressure is caused by the luxation or displacement (partial or complete) of the bones, or by contraction of the muscles drawing on or across the nerves.

If the reader comprehends the basic principles of this science, "*take off the pressure*," there will be little difficulty in understanding when that is done Nature performs her wonted functions in the physical economy, and a state of health is established.

To do this is Chiropractic. Ninety per cent of all diseases originate in the spine. Intelligent persons can learn to *handle* the vertebras of the spine as readily as they do the keys of a piano.

DR. PALMER, Davenport, Iowa.

CHIROPRACTIC.

(Continued from last month.)

Inasmuch as these muscles are of incalculable strength, and being liable to wonderful contraction, is it any wonder that bones are gradually out of place?

The muscles draw toward their attachment, and tend to draw whatever bone they are inserted into toward the attached end, and if one end is attached to or near the end of a bone, and the other to some other bone, that bone finally yields to the force exerted upon it. Thusly, we have spinal curvature, wry neck and hip-joint disease from this cause. Luxations or displacements in the lumbar vertebra often produces sciatica from the contraction of muscular fibers and nerves.

The functions of the various nerves are to convey sympathy, sensation, motion, intelligence; and these functions are dependent entirely upon their freedom from pressure from origin to terminus.

These systems of nerves regulate and control *every tissue* in the body through the self-conscious mind, even the *circulation, absorption, assimilation, elimination, sensation, the secretions,* so that their freedom is essential to the harmony of the body in all its parts. Whatever affects the action of the nerves affects it physically, and that means to change the normal action, which, when understood, means inharmony and disease.

All pain is due to unnatural pressure upon the sensory nerves. All morbid action in the body is due to irritation of the motor nerves, and all depressing effects, such as the various forms of paralysis, are due to interference or undue pressure upon the sympathetic nerves.

Whether we have a headache, colic or dysentery, the cause producing either must be removed.

All diseases are prolonged until the pressure upon the nerves leading to the parts affected are freed from the pressure. The manner of removing the pressure is done by the use of the hands of the operator. The muscles, nerves and bones of the patient are manipulated in such a manner as to adjust the system properly to itself. The cessation of pain usually indicates a restoration to a normal condition and is prima-facia evidence of freedom from unnatural pressure, not only on the sensory nerves, but everywhere else in the body. If there is no pain, there is no irritation; if no irritation, no inflammation, no disease.

If there is emaciation or paralysis there are indications of disturbance of the sympathetic nerves as well as the nerves of motion. Hence they must be righted or the diseased condition continues. The severity or consequences of this undue pressure are in proportion to the pressure and the nerves involved. The larger proportion of diseases are due to *pressure* upon the nerves along the vertebral column. This pressure interferes with their function, and hence disease, pain, distress, in various parts of the body these nerves go to and end in. Our business is to remove this pressure, and we do so with our hands. Look at the spinal column and see that each vertebra is provided with a *handle* called the spinal process. The Chiropractic uses these handles as readily as he does the bones of the arms or legs, and let Nature assert itself through its provided means—the cause of disease removed, the patient rejoices. Sometimes this may be done at once; generally it takes time to accomplish this object so that freedom prevails. This is the most reasonable thing to do, and the larger percentage of human ailments succumb to this sort of treatment, when scientifically applied, and that, too, in cases abandoned by practitioners of other systems of healing, for the pressure is the only thing to remove, and that done, results follow as cause and effect.

Our philosophy of treatment, *removing the pressure,* has the most rational claims upon the afflicted. Marvelous results have followed.

This science, properly applied, will mitigate suffering, and often cure diseases that can not be cured otherwise. We most cordially invite the most rigid criticism of our work, and the philosophy of our method of treating disease of all kinds.

This new healing science of locating exactly where the cause of each disease is, and how to remove that cause, was discovered and perfected by Dr. Palmer, who has taught it to many male and female students in the past two years. Many of these persons have been practitioners of medicine and Osteopathy. Chiropractics are able to place the finger on the body and say, *there is the cause* of this or that trouble, and explain it to any intelligent person. The movements to relieve and adjust those causes are readily understood; *e. g.*, corns and bunions are caused by slipped, luxated, displaced joints, which impinge and press upon the nerves, thereby irritating them, the inflamed enlargements being the surface twig ends of the nerves. Warts on the hands are caused by luxated dorsal vertebra, which produces a pressure upon nerves at the vertebral foramina, the result being enlargements at the surface end of nerves. Thusly, all internal and external abnormal growths are the results of diseased nerves. Cancers, tumors and polypus growths are abnormal results of abnormal nerves. Remove the pressure and put those nerves at ease; being normal the enlargements, as well as pain and distress, will be removed.

Chiropractic is a science which may be learned, but it is impossible to give the essential instructions by letter or through printed papers or books. We can give an idea of the object and purposes of Chiropractic work, but to learn how to treat successfully or to treat at all, it is positively necessary for the student to give personal attention to his teacher. He must use his brains, if he has any. He must be educated in anatomy and physiology, and then a practical knowledge can only be gained by working upon the animal machinery under the personal direction of a competent teacher. Each disease has its specific cause, which must be pointed out and learned. Then he must know how to adjust and correct the wrong found.

The thorough reading of this page from month to month will do much to educate and prepare a student for practical work. You must learn it as a trade, as you would expect to master any other business.

(Continued next month.)

DR. PALMER, Davenport, Iowa.

CHIROPRACTIC.

(Continued from last month.)

Why take drugs strange
To cure disease?
Why not adjust the frame
And put at ease
The feeling nerves
Which run the human mills,
When CHIROPRACTIC serves
To cure all ills?

Chiropractic is only four years old, he is a stout, robust, good-sized boy; he is wonderfully developed for his age. In his knowledge of and ability to discuss therapeutics, he is second to none; he has good lungs, and is able to express his ideas intelligently on his favorite subject, the art of restoring health. He is already a radical being—Anti-Vaccination, Anti-Vivisection, Anti-drugs and Anti-Medical Monopoly.

Till a thing is done, men wonder that you think it can be done; when you have done it, they wonder why it was never done before. Often cures are made by chance which seem miraculous. To-day we have a comprehensible explanation of the fundamental principles upon which all these cures are made. To-day the causes of disease are being located and those causes corrected, just as surely as any mechanic would find the cause of inharmony or wrong working in a piano, wagon, watch, engine, or other machine.

A human being is a human machine and, like a machine, would run smoothly, without any friction, if every part was in its proper place. If every bone, nerve, and all blood vessels, muscles, etc., were just right, there would be nothing wrong. A Chiropractic looks the human machine over, and finds what parts are out of place, why the blood does not circulate freely to all parts, why the nerves cry out with pain.

Disease is the effect or result of some part of the body being disarranged. To put them in their proper place, would give the diseased person ease, and allow Nature to rebuild without being obstructed.

We do not go to the drugstore nor ransack all creation to find a remedy. The remedy is in righting the wrong. The cause of the disease is in the sufferer, and the cause must be corrected. Often the circulation of the blood is obstructed at some place, causing some of the numerous blood diseases. If so, would it not be much better to remove the obstruction than to throw into the circulation one of the many poisons used by the medicos for such a purpose?

If every part of the human body was in its natural place there would be no friction, no inflammation, no fever, no weakness. If all was right, there would be nothing wrong. Chiropractics find an injury in some part of the human frame caused by a fall, a strain or shock, a partial dislocation or some nerve unduly strained, stretched, pinched, or something wrong which must be righted.

The human body is a bundle of fine sensitive nerves, passing over, under, and between the two hundred bones and the many muscles and ligaments. These nerves are liable to be pinched, strained, stretched, or pulled out of place by the displacement of any one of the bones, muscles or ligaments, causing any one of the many nerve diseases. When these nerves cry out with pain and distress, what should be done for their relief? The drug doctor would give some paralyzing drug, such as aconite, belladonna, digitalis, opium, morphine, bromide of potassium, by thrusting it down the throat or injecting it into the body of the poor patient. Why not remove the pressure, adjust the framework, and take the strain off of those sensitive nerves?

Mrs. B. remarked to-day: "If every part of our bodies were all right, we would not catch disease." Correctly she should have said: "If every part of our bodies were all right, there would be no disease." We do not catch disease. If we fracture a bone or dislocate any one of the many joints, *we are not at ease*, we are diseased and suffer. A partial fracture or a partial luxated joint causes inflammation at that location, that local inflammation produces general fever. There never was a case of fever without a local inflammation as a cause.

There are many who can learn and do just what we are doing—how to fix the human machine and make it run smoothly.

How long will it take to learn what we know? That depends upon the ability of the student, how much they know of anatomy and how much attention he or she will give to the business. Some will learn it in a month; it will take others three months, and some would never make it a success. Those who can not learn to do what Dr. Palmer is doing in three months better not try.

To fix the human body when it is out of fix does not require any knowledge of medicine or chemistry because we do not use either. We do not need to be skilled in the use of the knife or surgical instruments, as we do not use them; no outlay in cash for medicine or a surgeon's outfit.

What do we need to learn? We need to learn to diagnose quickly and correctly. Some knowledge of anatomy is needed. You will need to know the different parts of the human body, and how they are when in their natural place. Every disease has its cause, and when once you find the cause of any one disease (*not of ease*), you will always know just where to find that same cause in any other case. You will need to learn how to repair this delicate piece of machinery. It is usually supposed that physicians know how to do this. They, as a class, know but little about adjusting this human frame. Look upon the street any day and you will see many cripples, either made so or left in that condition by physicians.

What will it cost to learn? To any one whom we consider has the ability to learn and make it a success we will teach all we know and make him able to do all we can do for $60. In one to three months our students know ten times more of cause and cure of disease than the medical man who spends three to five years' time, and from $2,000 to $3,000. We will teach him to diagnose in one-tenth of the time it usually takes a medical man, and ten times more certain. The cures will be made more permanent. He will not need to make a new disease to cure another. If the patient should have two or more diseases they can all be treated at the same time. You can fix two or more causes at the same treatment.

If you know the disease you will know just where to look for the cause. If you look the sufferer over you will know pretty surely what disease he or she has. As one physician said: "That is science; that is skill; that is knowledge."

Now is a favored opportunity offered you of making a fortune and doing a world of good. If you are adapted to this work, you can learn to do what Dr. Palmer is doing in from one to three months. There is room for ten thousand men and women who can do what he is doing. The first in the business gets the cream. We want none but those who are qualified to learn and make it a success. Hundreds of our patients are going home cured, making a demand in their town for a chiropractic.

The trades and professions are full to overflowing. Chiropractic healing is new; it is the thing needed, and is going to be sought after. Thousands are needed right now, who have a knowledge of this new method, to bless mankind and reap a rich reward.

The time is coming when a drugstore will be thought less of as a necessity by our best thinkers than a saloon.

The most skeptical admit that the fundamental principles advocated in this paper are correct, and the cures made by their application are admitted facts. This new science opens up possibilities for the benefit of the human race vast and far-reaching, bordering on the miraculous until understood.

(Continued next month.)

DR. PALMER, Davenport, Iowa.